



"It Starts In Parks"

Stand Up Paddling Fitness Classes

Looking for something new in your workout? Stand up Paddling is the ultimate cross-training discipline! Stand Up Paddling is famous for giving an excellent "core" workout that benefits everyone. Skip the crowds of the gym, and enjoy working out among the waters of the Town of Surfside Beach.

Classes taught by **Skybanditz**



Wednesdays

June 19 - July 31

No class July 3, 2013

Time: 5:45pm - 6:45pm

Fees: Per session (6 classes)

Resident \$ 200.00

Non – Resident \$ 250.00

skybanditz

For more information please call

(305) 866-3635 or visit www.townofsufsidefl.gov

**REFUNDS WILL NOT BE GIVEN FOR
CLASSES MISSED**